



Aging Services Division
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NORTH DAKOTA AGING and DISABILITY Resource-LINK

Your Care Choice Connection to Aging and Disability Resources

Formerly the ND Senior Info-Line

1.800.451.8693

www.carechoice.nd.gov

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Your Care Choice Connection to Aging and Disability Resources

What Options and Choices are Available for Seniors and Adults with Disabilities?



The North Dakota Aging and Disability Resource-LINK gives you and your family access to current information regarding the services available in your area.

Independence. Choice. Self-Direction.

What type of help is needed?

Although you may not be able to predict what type of care you or your loved one might need, knowing the options available will help you make informed decisions.

Availability, cost and eligibility may vary by service and/or community.



With disability and aging come a variety of challenges associated with safety and independence.



Housing Options:

- Independent Living Options
 - ◊ Accessible Housing Resources
 - ◊ Retirement Complexes
 - ◊ Supported Housing
- Low Income Housing
- Assisted Living Options
- Adult Family Foster Care
- 24 Hour Care
 - ◊ Basic Care
 - ◊ Skilled Nursing Home Care

Other types of assistance:

- Ombudsman Services (Advocate for People in Alternative Care Settings)
- Vulnerable Adult Protective Services
- Legal Assistance
- Financial Assistance
- Money Management
- Parish Nursing Programs
- Energy Assistance Program



The North Dakota Aging and Disability Resource-LINK is your connection to information about services that enhance independence, assure quality of life, and meet the unique needs of seniors, people with disabilities, and caregivers.

Social and Community Services:

- Senior Companion Program
- Services Sponsored by Religious Groups
- Special Interest Groups or Clubs
- Community Recreation Centers
- Counseling Centers and Support Groups
- Volunteer Opportunities
- Employment



Home Maintenance and Modifications:

- Weatherization Program
- Chore Services
 - ◊ Lawn Care
 - ◊ Home Repairs
 - ◊ Snow Shoveling
- Home Accessibility
 - ◊ Ramps
 - ◊ Safety Bars
- Assistive Technology



Finding Care and Support in your Home and Community

What options are available?

Many new options allow people who are aging or have a disability to use in-home care, community based services or alternative living arrangements to remain independent for as long as possible.

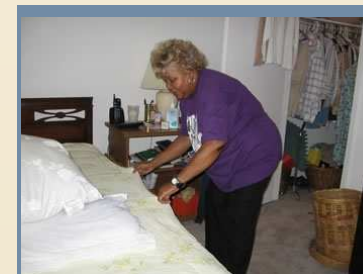
In - Home Care:

- Medication Management and Administration, Wound Care, Health Monitoring and Care Training
- Transfers and Mobility; Meal Planning and Preparation; Errands; Physical, Occupational and Speech Therapy
- Help with Eating, Bathing, Dressing, Toileting and other Personal Care Tasks
- Home Health Care



Homemaking Services:

- Personal Care Services
- Shopping Assistance
- Meal Preparation
- Housekeeping



Nutrition Services:

- Senior Dining Programs
- Meals on Wheels



Delivery Services:

- Groceries
- Library Books
- Prescription Drugs

Caregiver Support Services:

- ND Family Caregiver Support Program
- Counseling
- Education and Care Training
- Respite Care – In Home and Out of Home
- Information and Assistance to Services and Supports
- Supplemental Services (Home Modifications, Adaptive Equipment, Safety Services)



Resources for Coordinating Services:

- Information and Assistance
- Case Management
- Outreach
- Options Counseling



Adult Day Services:

- Respite Care Services for Caregivers
- Health Monitoring and Medication Administration
- Health, Nutritional and Social Services

Safety:

- Telephone Reassurance
- Home Injury Prevention
- Emergency Response Services
- Home Security Systems/Police or Fire Alert



Transportation:

- Public Transportation
- Non-Medical Transportation
- Private Transportation
- Senior Centers/Social Services Agency Transportation Services

